

Physiotherapy Department

# Active assisted shoulder exercises

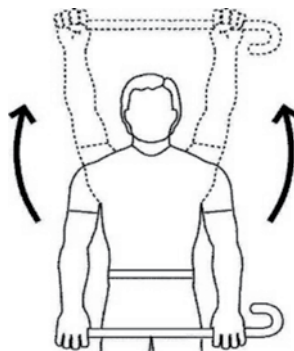
Information for patients



These exercises are designed to improve the range of movement in your shoulder joint following injury. They should be performed slowly using a straight stick. Move your arm as far as pain allows.

### 1. Shoulder flexion

Stand upright, holding the stick in both hands. Stretch your arms forwards then raise them up above your head, keeping the elbows straight.



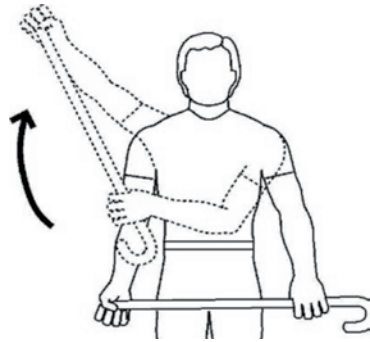
### 2. Shoulder extension

Stand upright, holding the stick in both hands behind your back. Move the stick away from your back keeping the elbows straight.



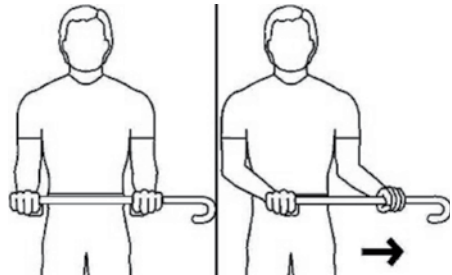
### 3. Shoulder abduction

Stand upright, holding the stick in both hands. Take your affected arm out to the side and up.



### 4. External rotation

Stand upright, holding the stick in both hands. Bend your elbows to 90 degrees. Keep your elbows at your side and push the forearm of your affected arm outwards using the stick.



### 5. Internal rotation

Stand upright, holding a towel in both hands behind your back. Your unaffected arm should be at the top and your affected arm should be at the bottom. Pull your affected arm up your back using the unaffected arm.



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If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALSJR@ouh.nhs.uk**

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